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Meet new Knicks head coach David Fizdale. 20





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IIKKI M MASCALI, REPORTER

My partner suffers from an incurable chronic health condition that causes blackouts, debilitating nausea and many other scary symptoms. Traditional medications do nothing to help, but there is one that makes things almost bearable for him: medical marijuana. We feel lucky to live in a state that recognizes how crucial medical cannabis products can be for those like him, so I was excited to catch up with the city's newest dispensary, MedMen, which aptly opened on 4/20, to see how they feel about the future of cannabis here and elsewhere. Read more on page 4 or visit metro.us.

GIULIANI DOES NOT RULE OUT PAYMENTS TO WOMEN

President Donald Trump's attorney, Rudy Giuliani, said on Sunday he would not rule out the possibility that payments were made to women other than porn star Stormy Daniels to get them to stay silent about allegations against Trump. Giuliani told ABC's "This Week" that he had no knowledge of whether former Trump attorney Michael Cohen had made other payments, but he said: "I would think if it was necessary, yes. He [Cohen] made payments for the president or he's conducted business for the president." Giuliani called the \$130,000 Cohen paid to Daniels in 2016 a "nuisance

payment." Daniels alleges that she had a sexual encounter with Trump in 2006. Trump has denied Daniels' allegations. Cohen, Trump's longtime personal lawyer, faces a criminal investigation in part over the payment to Daniels, whose real name is Stephanie Clifford. Daniels' lawyer, Michael Avenatti, accused Trump of having an "extramarital affair slush fund" and told ABC he believed similar payments had been made to other women. Disclosure of additional payments could complicate matters for Trump, who denied knowledge that money was paid to Daniels. Read more on page 10.

ANGER IN EUROPE OVER TRUMP'S GUN SPEECH

President Donald Trump caused anger in France and Britain by suggesting looser gun laws could have helped prevent attacks in Paris in 2015 and linking knife crime in London to a handgun ban. In a speech to the National Rifle Association (NRA) on Friday, Trump mimicked the shooting of victims in the Paris rampage and said if civilians had been armed "it would have been a whole different story." The French government issued its strongest criticism of Trump since he took office and one minister urged the leader to apologize, at a time when President Emmanuel Macron

has been reinforcing bilateral ties. "France expresses its firm disapproval of President Trump's comments about the Paris attacks on Nov. 13, 2015 and demands that the memory of the victims be respected," the foreign office said in a statement. "France is proud to be a country where acquiring and carrying firearms is strictly regulated." French Finance Minister Bruno Le Maire said he hoped Trump "would come back on his words and express regret." "His comments are shocking and not worthy of the president of the world's greatest superpower," Le Maire told BFM television on Sunday.



POLL: FACEBOOK USERS LOYAL SINCE SCANDAL

Most of Facebook's U.S. users have remained loyal to the social network despite revelations that a political consultancy collected information about millions of accounts without owners' permission, a Reuters/Ipsos poll released on Sunday showed. Facebook has faced pressure from regulators, privacy advocates and shareholders since it said in March that political consultant Cambridge Analytica wrongly obtained personal data through a quiz app connected to Facebook. U.S. lawmakers grilled Facebook Chief Executive Mark Zuckerberg for two days on the matter. The Reuters/

Ipsos poll adds to other indications that Facebook has so far suffered no ill effects from the episode. other than a public relations headache. The national online poll, conducted April 26-30, found that about half of Facebook's American users said they had not recently changed the amount that they used the site, and another quarter said they were using it more. The remaining quarter said that they were using it less recently, had stopped using it or deleted their account. That means that the people using Facebook less were roughly balanced by those using it more, with no clear net loss or gain.

INVESTORS REACH DEAL TO BUY NYC'S PLAZA HOTEL

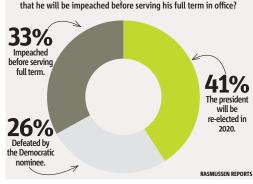
✓ A deal has been reached for two investors to buy New York City's famed Plaza Hotel for \$600 million, The New York Times reported, citing confirmation by an executive from Sahara Group, the seller. The years-in-the-making deal, first reported by The Real Deal, is slated to close June 25. The buyers are Shahal Khan of the Dubai-based White City Ventures and Kamran Hakim of Hakim Organization, a New York-based landlord whose properties are worth more \$1 billion, the Times reported. Khan, the Times continued, had been trying to purchase the Plaza for several years and

was reportedly interested in using cryptocurrency for the acquisition, but the \$600 million deal is a mix of traditional equity and debt. The Plaza Hotel, which opened in 1907, is the only hotel on the National Register of Historic Places. Once owned by Donald Trump, who sold it during a bankruptcy in the 1990s, the hotel has been showcased in several films, including "North by Northwest" and "Home Alone 2." On Thursday, The Wall Street Journal reported that the Plaza was "virtually closed" this week because of a labor dispute between union workers and hotel manager Fairmont, NIKKI M. MASCALI

STATS

TRUMP IMPEACHMENT

Which is more likely — that President Trump will be re-elected in 2020, that he will be defeated by the Democratic nominee in 2020 or that he will be impeached before serving his full term in office?





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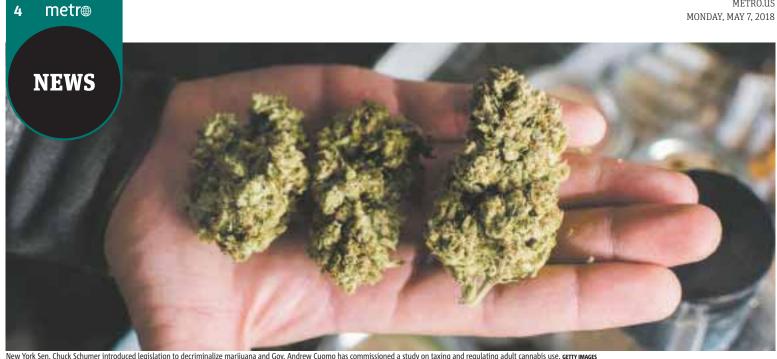
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New York Sen. Chuck Schumer introduced legislation to decriminalize marijuana and Gov. Andrew Cuomo has commissioned a study on taxing and regulating adult cannabis use, GETTY IMAGES

New York City's newest medical marijuana dispensary is ready for the future of cannabis

"This has been a process 20 years in the making, from California legalizing medical marijuana over two decades ago all the way to having a marijuana store on Fifth Avenue."



Medical marijuana dispensary MedMen may have only been open on Manhattan's tony Fifth

Avenue for two weeks, but for the Californiabased company, its expansion into the city was a long time coming.

"This has been a process 20 years in the making, from California legalizing medical marijuana over two decades ago all the way to having a marijuana store on Fifth Avenue," Daniel Yi, MedMen's vice president of corporate communi-cations, told Metro. "It speaks to the larger evolution of cannabis in the U.S. — and for MedMen as a company. We've been working toward this moment for

the better part of a decade." MedMen aptly opened its doors at 433 Fifth Avenue on 4/20, but the store isn't

its first in New York state. It also has locations upstate in Buffalo a n d

and in Lake Success on Long Island. MedMen also has a dispensary in North Las Vegas and seven in California.

Salina

MedMen joins two

GO INSIDE MEDMEN'S FIFTH AVENUE STORE

MedMen's swanky 10,000-square-foot store at 433 Fifth Avenue is open daily from 10 a.m. to 8 p.m.

Medically qualified New Yorkers can purchase five different types of gel caps, drops and vape pens with varying ratios of THC and CBD products for their specific health needs.

other medical marijuana dispensaries in Manhattan: Etain near Grand Central Terminal and Columbia Care near Union Square, and Yi said the Fifth Avenue store is "less about the business it does today. The whole thing about this cannabis space is having your sights into the future."

The future of cannabis and legalization as a whole in America looks like it may be bright, especially as former Republican Speaker of the House John Boehner recently joined a cannabis company's board, New

er introduced legislation to decriminalize marijuana and Gov. Andrew Cuomo has commissioned a study on taxing and regulating adult can-

"I think we're on the right side of this issue as a company," Yi said. "We expect the federal prohibition of marijuana to end, hopefully soon, because it makes all the sense in the world."

While the benefits of medical marijuana are becoming well-documented, Yi recently saw firsthand how much cannabis can help. His father suffers from early onset Alzheimer's and recently stopped eating, so Yi gave his mother a small sample of tincture to have him try.

"She never smoked pot in her entire life she thought marijuana was the devil's weed and, to her, only 'bad' people

smoked," Yi shared.

But she gave the drops to Yi's father, "and three days later, he was eating again - when prescription appetite enhancers didn't work for



MedMen's Manhattan's customers can purchase vape pens, gel caps and drops that will treat various medical conditions. NIKKI M. MASCAL



Medical marijuana has seen a nationwide push for legalization. GETTY IMAGES

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How to make your dog an Instagram star

But if you don't want fame going to your pup's head, these insider tips for taking a really great photo of your furry BFF from Bark are still handy.



Stacie Grissom is a selfdescribed "crazy dog person," which certainly comes in handy at her day job as head of content at Bark.

"All I do is talk about dogs, take pictures of dogs, look at dogs and tell dog stories in different mediums and channels," Grissom told Metro.

And if you think that the office of the folks behind BarkBox is a heaven filled with wallto-wall dogs, you're not too far off.

"Depending on the

weather and the day, there are 20 to 25 dogs in the office," said Gris-som, whose pup, Pimm, is usually among the pack. "Right now, I'm in a little conference room, and there's a little bulldog just languishing on the floor sleeping with his legs splayed out."

Pimm's escapades around the Bark office are well-documented on her Instagram and her mom's, which makes Grissom the perfect person to give us advice for taking great photos of your dog · maybe even make them an Instagram star along the way.

"You can take incredible photos of your dog with your iPhone, you don't need a big, fancy camera to take a good photo of your best bud," she said.

Read the latest rant about unleashed dogs in the city on Metro's new Grumble on page

FIRST, BE AUTHENTIC

"You can't want to build your dog's account just to build it. It has to be a hobby and a thing you love already that's just icing on the cake, Grissom said. "People can see when someone is trying to build their dog's account. I think some of the most famous dogs, their photos aren't mind-blowing works of art, but what their parents have done really well is telling the story of those dogs in the photos."

EMBRACE YOUR PUP'S PECULIARITY

"Find the quirky things that are unique and speak to the rest of us sitting on the couch snuggling with our dogs to go, 'Oh, my dog does that, too!" Grissom suggested. "That's where it starts to be a little bit of magic, and I've seen people pick up an awful lot of follower's really quickly."



Bark offered insider tips for capturing a great photo of your furry BFF. KATHLEEN COMBS

THE SECRET WEAPON

"You know your dog best, so do whatever you can do to get them to make a funny facial expression or get some spark in their eyes to bring out that funny expression," Grissom said. "Peanut butter is the secret ingredient. Put a dollop on their nose — they'll sit still trying to lick it off, and you'll get really amazing photos because they'll wrinkle up their face and put their tongue on their nose."

"You don't want light coming from behind you want to make sure you have the light coming on your

LIGHTING IS EVERYTHING dog, and shoot at their level to really capture their facial expression," Grissom advised. Keep the background simple, and keep the focus on your dog."

OFF-LINE OPERATIVES

"Networking with other dogs and finding a community of people is really

helpful," Grissom said. "I know a lot of the famous dogs are part of meet-up groups, and a lot of the most successful dogs have offline things they do."

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Cynthia Nixon releases 2017 tax returns amid Cuomo criticism

"Sex and the City" star Cynthia Nixon, who is currently challenging incumbent Andrew Cuomo for New York's governor seat, has released her 2017 tax returns. Announcing she would be running in March in the upcoming Democratic primary, Nixon released a copy of her earnings to reporters on Friday.

As noted in Nixon's 2017 tax return, the actress and education activist filed jointly with her wife, Christine Marinoni, who was a senior adviser for community partnerships in New York City, a position she resigned from earlier this year.

Together, the couple documented \$619,799 in adjusted income, \$196,375 in taxes paid and \$53,000 in donated to various charities.

Following the release of Nixon's return, Gov. Andrew Cuomo criticized the 52-year old for taking so long to disclose her financial earnings as well



Cynthia Nixon released her 2017 tax return to reporters. GETTY IMAGES

as only releasing one year of tax returns.

Just hours after Cynthia Nixon released her 2017 tax return, the Democratic State Committee released a statement, requiring all candidates to disclose ten years worth of tax returns. The resolution read, "We as a State Committee hold that anyone vying for the Democratic line on the ballot in a race for statewide office will be required to release 10 years of tax returns.'

"Look, I get that people don't want to do it," Cuomo said. "It tells people your whole life story, in a lot of ways."

In return, the Nixon campaign's senior strategist, Rebecca Katz, commented on Cuomo's demands that Nixon be more forthcoming and transparent.

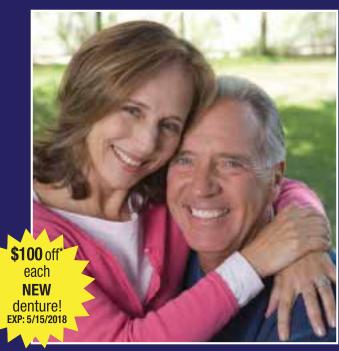
"New Yorkers have watched Andrew Cuomo cater to billionaires and corporations in return for huge donations, and then embarrass the nation by having his top aides go on multiple trials for political corruption," Katz said.

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'Lucky Chick' brings a wild-but-true life story to the stage

The raucous show covers Felicity Seidel's path from feral NYC vouth to the underage paramour of the Dead's Bob Weir and everything in between.



From running rampant on the then-gritty streets of New York City as a technically feral child to being plucked from the audience by the Grateful Dead to become the underage beau of guitarist Bob Weir to run-ins with drug cartels, Felicity Seidel's wildbut-true life of sex, drugs and rock 'n' roll almost seems like a movie.

So Seidel made it a



Felicity Seidel's wild-but-true life story comes alive in her one-woman show "Lucky Chick." ALL PHOTOS DANA PATRICK

one-woman show called "Lucky Chick," which is pretty much what she is for surviving all that unscathed. The show is at the Paradise Factory on East 4th Street through Saturday, and Metro

caught up with Seidel to find out what it's been like performing in her hometown, what Weir thinks and how she'd fare growing up in the city today. Visit luckychick.nyc for more

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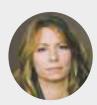
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FELICITY SEIDEL

Q&A

Metro: How has it been performing "Lucky Chick" in your hometown?

Felicity Seidel: I love New York City. "Lucky Chick" goes from New York City to Alaska to San Francisco to Wyoming, but in the end, it's still a story about a New York City kid who busted a move. I can't imagine developing the piece anywhere else.

The show definitely has that vibe you cannot get from anyone but a native New Yorker.

The show is not for the prim and proper. And NYC is not for the thin-skinned. It's a pretty good match. And especially like when people come see it and know the

old New York from the '80s. It's a rich and fun topic, and people who know it love to trade tales.

It's just you up there. What do you do to prep before hitting the stage?

I'm usually right there with the fairy tale that opens the show in the form of an animated short film. I can hear it while I'm backstage. I follow along in the story and think about that old New York City that I'm about to go out and talk about: the sounds, the smells, a particular pizza joint we used to hang out in, a rumble at the corner.

Do you have a favorite part of "Lucky Chick"?

It changes night to night, but truth is, it's fun to play pretend. I get to rob a store, drop acid and meet the Grateful Dead, swing between a rough-and-tough drug-dealing boyfriend and Bobby Weir of the Grateful Dead, go to Red Rocks, Colorado, head out to John Barlow's ranch in Wyoming and even go through a big cocaine bust. But I always enjoy the last line of the show because there's something satisfying about bringing it

all home in one line.

What does Bob think of the show?

He hasn't seen it yet because the timing hasn't overlapped where he's been in the city, but I hope it will because I think he'll get a total kick out of it. He's been cool, we talk about it, and he likes to hear about it and is totally supportive.

How different do you think your childhood would be if you were coming of age on today's streets of New York Gire?

New York City? Oh, my God — it wouldn't have happened, it couldn't have happened. It's so different. I'think people tend to romanticize that time in New York — the city was covered in graffiti, everybody's parents were divorced, the dads were gone and the moms were trainwrecks. We were all left alone to make it up as we saw fit, which is a terrible idea with young teenagers! It was really fun and really free, but it was just really dangerous and precarious. There's a lot of good stuff now and conscientious parenting, plus women and girls are in better positions.



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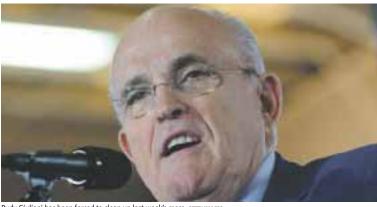


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Rudy Giuliani has been forced to clean up last week's mess. GETTY IMAGES



10

TRUMP'S AMERICA

RUDY CLEANS UP THE CLEANUP



Analysis

ELLIS HENICAN

Metro columnist Ellis Henican is the author of a dozen books including "Trumpitude: The Secret Confessions of Donald's Brain." Join Ellis on Twitter @henican.

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hy hide? Whatever else might be said of Rudy Giuliani, the former New York mayor does not suffer from excessive timidity. And there he was again on Sunday, sitting in the glare of television lights, publicly counterpunching on behalf of his latest client, the president of the United States.

Asked by George Stephanopoulos if Donald Trump and his personal attorney Michael Cohen had paid off women besides the porn star Stormy Daniels, Rudy gave an answer guaranteed to pro-

voke further questions. "If it was necessary," he said.

Honestly, it was the only possible answer for an advocate like Rudy and a client like Trump assertive-sounding, noncommittal, delivered with heavy spice of duh!

God only knows who might pop up next!

Rudy's been forced to clean up last week's mess, when he conceded to Sean Hannity that Trump repaid Čohen's \$130,000 in Stormy hush money and did it, at least in part, with an eye on Election Day.

Not only did that paint Rudy's client as a liar,

it also conceded a key charge of the critics that, of course, Stormy's claim represented a potentially devastating land mine.

That's what Rudy was getting at in the early hours of the mop-up on Thursday morning when he declared: "Imagine if that came out on Oct. 15 in the middle of the last debate with Hillary Clinton. Cohen made it go away. He did his job."

This might not have been helpful, but it was undeniably true.

In Washington, as the brilliant Michael Kingsley once famously said, a gaffe is when a politician tells the truth.

And that's the real squeeze Rudy Giuliani is in. If he admits the obvious, he hurts his client. If he doesn't, he loses credibility.

So he's walking down a narrow corridor and bumping against both sides.

As far as Trump testifying in front of Robert Mueller's grand jury, Rudy found his only sanctuary in sarcasm.

"I'm going to walk him into a prosecution for perjury like Martha

The answer was an obvious no.



New FDA Laser Treatment For

Nail Fungus, Scars & Warts

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on the front page of The Novi

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Shockware, PRP



Chloe Chan's "A Doctor and Her Tools" won New York state's "Doodle 4 Google" contest. The PS 188Q Kingsbury third-grader advances to the national competition. GOOGLE

Queens thirdgrader wins statewide Google Doodle contest

Queens has won a statewide Google Doodle contest with her artwork based on the competition's "What inspires me" prompt, Google announced Friday.

> "Chloe's work specifically stood out, and seeing her invoke service and personal ambition in her piece was absolutely awesome.

William Floyd, Google's head of external affairs

Aspiring doctor Chloe Chan of PS 188Q Kingsbury in Flushing won Google hardware for her winning artwork titled "A Doctor and Her Tools" and advances to the national "Doodle 4 Google" contest to compete against students from the other 49 U.S. states, Puerto Rico, Guam and Washington, D.C.

"I am inspired by the work of caring doctors because they help people and children who are sick," Chan

ment. "When I grow up, I want to be a doctor so I can help people. In my Doodle, I drew a doctor and her tools.'

The "Doodle 4 Google" competition gives K-12 students the chance to have their artwork featured on Google's homepage. Local winners were selected by guest judges, including Olympian Ibtihaj Muhammad, actor Neil Patrick Harris and retired baseball player Carlos Beltran.

Starting Monday and running through May 18, the images will be online for public voting to select five finalists. Google will select the official winner on June 8, and the student will have their work appear on Google's homepage and receive a \$30,000 college scholarship, a \$50,000 technology grant for their school or a nonprofit of their choosing as well as a trip to Google's headquarters and other prizes.

"The annual 'Doodle 4 Google' competition reminds us of the creativity found in students, but this year's submissions were particularly inspiring, William Floyd, Google's head of external affairs, said. "Chloe's work specifically stood out, and seeing her invoke service and personal ambition in her piece was absolutely awesome." NIKKI M. MASCALI



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Demand Soars At NYC Medical Clini

Can This Medical Technology Possibly Eliminate Or

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Known

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy "Radiofrequency Neurotomy" is often referred to as RF for

is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency

Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impaits" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" ... it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is *not surgical*.

Who Should Try This Treatment?

RF should be considered after other treatments, such as antiinflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

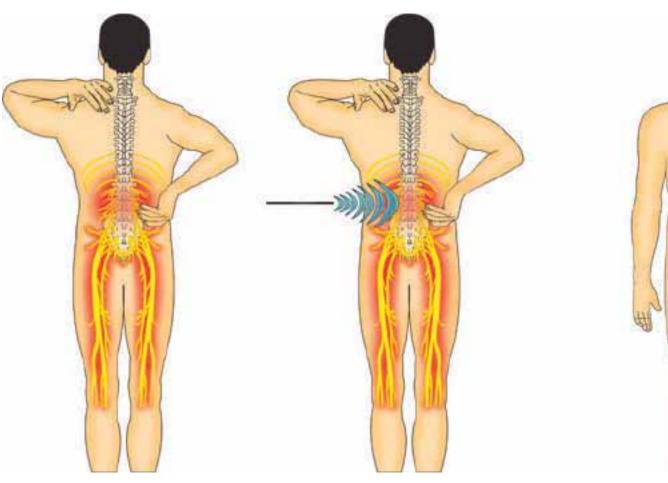
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ow - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain





Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

hospital or out patient surgicenter facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars.

NYC Pain MD believes this additional "X" factor is one of

the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cuttingedge treatments offered at NYC Pain MD. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is at no cost and no obligation.

Many of the treatments offered are covered by many insurance plans an traditional medicare.

Call 877-503-8540 for your free screening and find out if you can get out of pain today





GRIDIBLE.



Nikki M. Mascali Metro Reporter

Put a leash on your damn dog

It's nearly summer, which is great for us dog owners. However, there are lots of fur parents who love taking their dogs off-leash — despite very clear leash laws being in place. To not have consideration for other dogs and their humans is selfish, and it needs

to stop. My beloved Kona and my partner were recently attacked by an off-leash dog whose owners did absolutely nothing but watch as he tried to wrestle their dog away without dropping Kona's leash. Sure, your pooch could very well be well-behaved

and perfect just like my Kona is — but we all know how unpredictable their mind and focus can be, so here's a newsflash: Your dog is your responsibility, and other dogs and their humans should not have to suffer or be fearful when we venture out because

you're ignorant and refuse to obey the law the rest of us do. Put a leash on your damn dog. Kona and I will thank you for your human decency.

Do you agree? Tell us what's driving you crazy at **grumble@metro.us**

MARCUS PEREZ @MARKAAAAY

Sometimes when I look at dogs face, if i concentrate hard enough I can almost see a person. Or I might just be crazy.

LOVE, FRANCIS DOMINIC

@FRNCISSDOMINC Dogs are so much better than people.

SHANNONPURSER | just @SHANNONPURSER | just started thinking about guide dogs and almost burst into tears. I'm too fragile to be alive.

THOUGHTS OF A DOG
@DOG_FEELINGS gooooob
morning. i tried to eat a
flower. but the human saw
me. i have no excuse for
my actions. it just looked
vummy

GABRUS @GABRUS

Imagine Trump walking a dog

DOLLY MARLOWE @DOLLYMARLOWE

I just got in an argument with a woman who left her dog in a hot car to go shopping. So, PSA everyone, I've broken a car window to rescue a dog, and I've got zero problem doing it again. Though, I shouldn't have to. Tell us what you think!



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HAPPY BIRTHDAY TO ME! What did I get as a present? AN OP-ED in METRO NY #metronewyork @ MANRI HALASA



I've been lucky to live in places I love. Especially so when they come together #metronewyork



World Trade Center #wtc



Rainy days downtown #metro newyork @ KATHLEENLORENN



Ain't no shame in a side hustle ladies—if there's one thing I've learned in entrepreneurship, it's that the most successful wear many hats. #metronewyork



It's supermodel documentary hour here in Williamsburg. Starring me of course. #metronewyork



metro.us/horoscopes



Aries Check your motives before you indulge in something that isn't right for you. Following someone else's lead will result in disappointment. Be true to yourself and your beliefs.



Taurus Stay focused on what's important, and don't make unnecessary changes. Maintain balance and integrity, regardless of what others decide to do.



for you initially, but before you talk big and bold about what you have to offer, consider the consequences if you cannot deliver. **Cancer** Make a unique contribution to stand

Gemini Persuasive tactics will work wonders



out and be recognized for your ingenuity. Explore new possibilities and meet new friends by participating in functions that interest you.



Leo A change may excite you, but consider your choices and the possible outcomes before you make a move. Choose stability over adventure



Virgo Trust your instincts. Participate in something to learn from the experience. Know your limitations and set boundaries that make you feel comfortable. Share with people you trust.



Libra The comments offered by children, friends or a loved one will be sincere. Don't take offense when you should be using criticism to make yourself



Scorpio Drive, determination and doing things your way will bring results. Partnerships will add balance and keep you from veering off course. Romance will be nurturing and will lower your stress levels.



Sagittarius Personal change should be your goal. Consider your objective and whom you are dealing with. Share personal information only with people you can trust not to reveal it.



Capricorn An opportunity to expand a service, skill or talent you have into something that can offer added income looks promising. Clear a workspace at home and turn your dream into a reality.



Aquarius Emotions will be difficult to hide. Don't overreact or be indulgent to avoid having a necessary discussion. Love and understanding will bring far better results.



Pisces Don't make unnecessary changes that will alter your look or give someone the wrong impression regarding what you want. If you are open, you'll be offered good advice. BUGENIA LAST

Oh Michael You've been missed "IANE THE VIRGIN" ON THE CW

METRO.US

May sweeps: Why this is the best month to watch TV

From death and destruction to babies and breakups, networks deliver as they chase ratings. SOME SPOILERS INCLUDED (also, catch up on your TV, people).



The weather might be getting warmer, but if you're a TV tragic, this month is best spent curled up on the couch

thanks to May sweeps. The ratings measure exists thanks to AC Nielsen, which sent out actual printed diaries to households in the 1950s, asking families to log their TV habits. Collectors would then "sweep' them back up in a westward movement across the country, analyzing the data to work out just what shows people were watching (hint: "I Love Lucy" and "Leave it to Beaver" scored big).

What used to take a week now stretches over a month of TV viewing. Despite the rise of online streaming and ondemand viewing mixing it up, it's still seen as one of the best ways to gauge

viewer habits - and the more people that watch, the more networks can charge.

To tip the numbers in their favor, networks program the juiciest plot points, season debuts and finales, TV specials and viewer events.

Here's just a sample of what to expect.

Reality finales

The big reality shows will award their winners right at the end of May sweeps; expect competition to be fierce. "Dancing With the Stars: Athletes" runs only four weeks and is scheduled to tie in with the sweeps period; NBC's "The

Voice" and ABC's "American Idol" go head to head, both holding their finales May 21.

Weddings

Everyone loves a TV wedding - especially when things go wrong. This week it's "Big Bang Theory"'s Sheldon marrying Amy; on May 17th you'll see Jo's wedding to Alex on "Grey's Anatomy" — but only if the writers want a happy ending.

We've already clocked one sweeps wedding thanks to "Suits," but in a stroke of luck for network TV, star Meghan Markle's real-life nuptials to



My big fat bangin' wedding. "BIG BANG THEORY" ON CBS

Prince Harry fall during the sweeps period, complete with a Lifetime movie, documentary specials, parody live shows and live crosses (and don't worry we're on the case for all of the above).

Cliffhangers Cliffhangers are so hard to pull off, yet so satisfying when executed correctly. So far, it's hats off to "Jane the Virgin." The show pulled a brilliant rabbit out of its ratings hat by bringing back (in true telenovela style) Michael, Jane's supposedly dead husband.

Everyone is nice when someone dies, and audiences love to send off the shows they abandoned once they got bored. "New Girl" airs its last episode May 15, and this week you'll see part one of the final ep of "Once Upon a Time.

Sweeps is also a time to say goodbye to characters — while "NCIS" doesn't wrap up its season until the end of May, beloved character Abby Sciuto's last episode is tomorrow, and it doesn't bode well that her character was shot in last week's

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Make Mother's Day weekend special with Maria Farantouri—one of the legends of Greek music—in a rare New York City performance of beloved songs by Mikis Theodorakis. A lifelong friend and close collaborator of the composer, she sings his songs with the accompaniment of chamber ensemble and choir.

Saturday, May 12 at 8 PM

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METRO.US metr⊕ THINGS TO READ MONDAY, MAY 7, 2018



Hear more when Mark Kurlansky stops by the 92Y for a book talk and signing on May 8, ISTOCK

The problematic story of milk

Author Mark Kurlansky on the history, politics and culture war of the drink that changed history.



FVA KIS

The longest food fight in history has been the one over milk.

Human beings started drinking milk about 10,000 years ago and remain the only animals that continue to drink milk after being weaned from our mothers - and certainly the only ones that drink other animals' milk. And we've been arguing about whether that's a good thing for about as long.

A new book, "Milk! A 10,000-Year Food Fracas", rehashes the rise and fall (and rise and fall) of a beverage that's been essential to our survival and also caused many deaths, been politicized and become the focus point of a culture war.

Author Mark Kurlansky started the book after visiting dairy farms for a Modern Farmer magazine assignment to look into the emotional stress on cows whose calves are taken away soon after birth so they continue to give milk to be sold.

It's hard to reconcile putting milk in your morning coffee after knowing that - and it's far from the only problematic fact you'll learn.

There's no such thing as cruelty-free milk

Cows produce milk only after they've given birth. Dairy cows are typically

pregnant once a year, and to keep calves from drinking all their milk, they're taken away to be hand-raised soon after.

But once they stop pro-ducing milk – typically after six or seven years on a factory farm they're killed. Though a cow's lifespan depends on how well they're treated and fed, dairy

cows can continue to produce milk for up to 14 years and live as long as 18 years on small farms.

Evidence of milk's health benefits is nonexistent "Problematic" is the best

word for the purported health benefits of milk. "It's mixed," he says. If you're calcium-deficient, it's a good source, but if you aren't, too much can

be bad for you. "Public health officials have been trying for a few centuries to have a neat, one-fits-all response to the health qualities of milk, but it depends on the individ-

The costs of more milk are high

The PPB scandal of 1973 sickened children in Michigan and beyond. The rise in antibiotic use in cows began after

the 1993 introduction of rBGH. The rise of Bovine Spongiform Encephalopathy, better known as mad cow disease, in the mid-'90s after cows started being given more protein-heavy feed. All of these problems were caused by the pursuit of getting cows to produce more milk.

The huge scale of waste

The total amount of all animal waste in the United States is now a hundred times that of human waste processed in sewage treatment plants. An estimated 4.5 million people are also drinking water tainted by high nitrate levels caused by improperly processed waste - most cows produce more manure than their farms can use.

And then there's the problem of pollution:

Each dairy cow is estimated to emit between 300 and 400 pounds of methane daily, contributing more to global warming than automobiles.

There's no rush to create synthetic milk Unlike fake meat, there's no similar incentive to create milk in a lab. Kurlansky says the price of milk is too low all over the world, so creating a cheaper alternative is not on the agenda.

Milk drinking in America has also been dropping, down to 18 gallons per person annually in 2017 from 30 gallons in the 1970s according to the Department of Agriculture. The rise of vitamin-fortified drinks and widespread knowledge of dairy farm practices have contributed to the fall in consumption.



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Be the first to explore a yet-to-open park

Take a field trip to Staten Island to see how the world's largest landfill is transforming into Freshkills Park.



Being the first to check out a new place is great. But being there before it even opens is better.

New York City is everso-slowly getting a brandnew public park as a former landfill on Staten Island is transformed into Freshkills Park. At 2,200 acres, the site is three times the size of Central Park and was the world's largest landfill before it was closed in 2001.

We know what you're thinking and no, it doesn't smell like garbage. The Department of Sanitation has created a nine-layer barrier system between the trash and topsoil, as well as smokestacks to manage the gas and plumbing to drain



You won't see - or smell - any trash at New York City's newest green escape. NYC PARKS

the site.

The area is still very much a work in progress its projected opening is not until 2036 - but it's being rehabbed and opened in phases. A few times a year, though, parts of the park that aren't ready for prime time yet are opened to give New Yorkers a behind-the-scenes look during free Discovery Days.

The next one is taking place on June 3 from 11 a.m. to 4 p.m., when

you'll have run of about 700 acres of hills, ponds and eight miles of trails with fun activities, tours and art projects. Bikes will be free to rent on site or bring your own to ride along freshly paved roads through meadows and wetlands.

Go bird-watching with the NYC Audubon Society (it's migrating season!), learn about the site's redevelopment on a free guided tour by the Sanitation Department, fly a

swedishinstitute.edu

kite on one of the park's tallest hills, enjoy a per-formance by the Staten Island Philharmonic Orchestra and make art including painting a mural at various stations around the park.

Freshkills Park is located at 350 Wild Ave. in Staten Island, with free shuttle buses running from the ferry terminal every half hour starting at 10:30 a.m. For more information, visit freshkills

Working for your cocktail

Instagram has done some interesting things to the culinary world. On the drinks side, there are now cocktails like The Aviary's Wake and Bake, served in a bag of everything bagelscented air. A dining trend has participating in the making of your food, whether it's DIY sundaes or carving your own doner kebab at LES Kitchen.

Combine those two trends, and you've got the new Break the Piñata cocktail at the Financial District's new taqueria Toro Loco. The Mexican spot contributes to the party atmosphere of Stone Street with this slightly macabre group experience: A classic bullshaped piñata is brought tableside, but instead of taking turns whacking it with a bat while blindfolded — not the best idea in a restaurant – each person takes a limb and pulls until four bottles of pre-mixed Blood Orange Margarita



fall out, along with candies, a selection of dares (please be considerate of your fellow diners) and gift certificates for various menu items.

If that sounds like your idea of a good group activity, Toro Loco is open now at 15 Stone St., and the Break the Piñata experience will run you \$60. EVA KIS



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Massive open online courses, or MOOCs, give you all the perks of going back to school but at a much cheaper rate. Most can be audited for free, and you can take them from your laptop at home - you're only limited by your internet connection. Here are a few business and personal development

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MOOC offerings coming up, by provider.

Coursera

Courses, specializations and even online degrees are available at coursera.org, founded in 2012 by Stanford Computer Science professors Andrew Ng and Daphne Koller. But Coursera isn't limited to computer

science. Upcoming business and personal development courses include Successful Negotiation: Essential Strategies & Skills (\$49, University of Michigan, starts May 7), A Life of Happiness and Fulfillment (\$49, Indian School of Business, starts May 7), and Psychology at Work (\$49, University

of Western Australia, starts June 18). Note that all these courses can be taken free the price point is for a validated certificate. The 10-part Career Success Specialization from UC Irvine can be started at any time and done on your schedule for \$39/ month. Browse for these and more at

coursera.org.

A project started by Harvard and MIT in 2012, edX.org offers a wide array of course material from the top universities. Like Coursera, most courses can be audited free prices listed here indicate the cost of a verified certificate. Business and management courses offered this summer include Entrepreneurial Leadership Toolbox (\$99 from Babson, starts June 18), Academic and Business Writing (\$49 from UC Berkeley, starts July 30), and Public Speaking (\$49 from Rochester Institute of Technology, starts July 31). Those wanting a deeper dive can check out edX's MicroMasters programs, which offer graduatelevel credits that can be applied toward master's degrees at the awarding institution for a quicker and cheaper degree

see edx.org/micromasters for details.

MIT OpenCourseware

MIT publishes material, available for free, from more than 2,400 of its courses on its Open-Courseware platform at ocw.mit.edu. There's no credit or certification here, but knowledge is its own reward. Course materials available from Sloan School of Management include Game Theory for Strategic Advantage; Ethical Practice: Leading Through Professionalism, Social Responsibility, and System Design; and Executing Strategy for Results. See ocw.mit.edu/help/ get-started-with-ocw for more information.

Whether you want to dip your toes in a new interest area, sharpen an existing knife in your career kitchen, or get a jump-start on a new master's degree, try out a summertime MOOC. Your brain, and your career, will thank you.



*To be accepted on the spot, you will need to bring a copy of

your high school diploma or GED and proof of identification.

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Book it now: How to find your summer reads

Find (and commit to) a list of books that will make you a better person this summer.



You're getting your last-minute beach body workouts in, but don't forget to exercise your mind this summer. ABC News reports that those who make a habit of reading are 2.5 times less likely to develop Alzheimer's; Science Magazine tells us that literary fiction enhances our understanding of others' mental states, "a crucial skill that enable complex social relationships that characterize human societies;" and even just six minutes of reading "can be enough to reduce the stress levels by more than two-thirds," according to The Telegraph.

But between all the

backyard barbecues and Hollywood blockbusters coming up, how can you make time to reap the benefits of cracking a book, and maybe getting a better job after indulging in a page-turner?

Join a book club

"When you're accountable to someone or a group of people for doing what you said you would do, you can easily get stuff done because you engage the power of social expectations," says Thomas Oppong, founder of All-TopStartups.com.

Joining a book club is a great way to engage the power of group accountability to support your goals. Plus, you might make some lifelong friends in the process. Find a book club near you at Reader's Circle (readerscircle.org); ALA Book Club Central (book-clubcentral.org); or on Meetup (meetup.com/



Read up. sunshine. ISTOCK

topics/bookclub).

Build a reading list online

The internet is rife with recommendations — every institution and publication has published its great lists for summer 2018,

and many are worth checking out. In the end, though, you'll want to have a system in place to keep track of your own personal list, regardless of where you pull the titles from. Check out Goodreads (goodreads.com) for a

tool designed specifically for books. Those who want to take a more sophisticated project management approach can use Trello (trello. com), and Juvoni Beckford, a UI/UX engineer and "voracious reader," shares his Trello-

Careers

wrangling approach for his ongoing reading project at juvoni.com/ trello-book-readingmanagement.

Snag some audiobooks

Though The National Review makes a great case for printed matter as the best way to read books, audiobooks are a great way to stay on top of your reading while commuting, walking around, or any other situation where a book in hand is unrealistic. Audible. com, Kobo (kobo.com), iTunes (itunes.apple. com), Google Play (play.google.com), and Audiobooks.com offer great paid services for audiobooks. Free, public domain audiobooks are available at Librivox (librivox.org).

The opportunities to flex your reading muscle this summer are endless. Don't forget to share your own reading lists online when you've settled on what to read!

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 Coding for Web Development
 Sat 04/28 - 06/28/18
 10am - 1pm

 Quickbooks
 Sat 04/28 - 06/23/18
 10am - 1pm

 Mobile App Design
 T, Th 05/08 - 06/19/18
 6pm - 9pm

Education Career Programs

 Teacher Assistant
 M, W 05/07 - 07/25/18
 6pm - 9pm

 Proveedor de Cuidado de Niños
 M, T 05/14 - 07/09/18
 6pm - 9pm

 Training in the Needs of Students with Autism
 Th, 06/28/18 M, 07/30/18
 6pm - 9pm

Health Careers Certifications

Clinical Medical Assistant

C.N.A. Morning M - Th 05/14 - 06/27/18 9am-2pm M - Th 05/14 - 07/31/18 C.N.A. Evening 6pm-9pm CPR/AED for Healthcare Providers Sat 05/19/18 FRI 06/09/18 10am - 2pm Phlebotomy T - Th 05/22 - 08/23/18 6pm-9pm EKG Technician M, W 05/14 - 06/18/18 10am - 1pm Dental Assistant M. W 07/16 - 10/10/18 6pm-9pm Dental Front Office Administration Sat 09/15 - 12/01/18 10am - 3pm w/billing and coding T, W, Th 05/22 - 08/09/18 Pharmacy Technician 6pm - 9pm

M, T, Th 07/23 - 11/12/18

Children's Programing

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HSE Spanish
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Sat 04/28 - 06/23/18 Sat 05/12 - 06/23/18

M,W 06/04 - 08/27/18 M,W 06/04 - 08/27/18 T, Th 05/29 - 08/21/18 T, Th 05/29 - 08/21/18 T, Th 05/08 - 07/12/18 M, W 05/07- 07/18/18 Sat 04/28 - 06/23/18

M - Fri 05/07 - 07/09/18

T & Th 04/24 - 05/31/18 Sat 5/12, 6/02, 6/16 T, Th 05/08 - 06/19/18 T, Th 05/22 - 06/21/18 T, Th 07/10 - 08/07/18 T, Th 05/29 - 6/28/18 Sat 05/12 - 06/30/18 M,Th 05/07 - 07/05/18 9:30am - 5pm 10am - 3pm

6pm - 9pm

9:30am - 12:30pm 6pm - 9pm 9:30am - 12:30pm 6pm - 9pm 6pm - 9pm 9am - 2pm 9am - 1:30pm

> 6pm - 9pm 1pm - 5pm 6pm - 9pm 6pm - 9pm 6pm - 9pm 6pm - 9pm 10am - 4pm 6pm - 9pm

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The Knicks hired their new head coach on Thursday night.



It was an extensive process with 11 candidates being interviewed, but the New York Knicks found their new head coach in David Fizdale, inking him to a four-year deal on Thursday night.

He is the latest addition to a franchise attempting to move on from the Phil Jackson regime as current president Steve Mills and general manager Scott Perry attempt to build a franchise mired in mediocrity for much of the last two decades into a contender.

Fizdale met with

What does Fizdale bring to Knicks?

Knicks owner James Dolan on Thursday before entering negotiations with Mills and Perry, per ESPN.com's Adrian Wojnarowski.

While there were reports that David Blatt and Mike Budenholzer were two of the favorites for the job, sources informed Wojnarowski that Fizdale was the Knicks' top priority throughout the coaching search.

The 43-year-old has been working in the NBA since 2003, mostly as an assistant with the Miami Heat and Atlanta Hawks. In 2016, he was named head coach of the Memphis Grizzlies where he made the playoffs in his first season.

Defense was Memphis' calling card under Fizdale, ranking third in the league with 100.0 points allowed per game and seventh in defensive efficiency.

That kind of defen-

That kind of defensive mindset will be a welcomed addition to a



David Fizdale's second-ever NBA head-coaching job will come with the high-profile New York Knicks. GETTY IMAGES

Knicks team whose defense has been ranked 20th or worse in each of the last two seasons.

But Fizdale was abruptly fired just 19 games into his second season with the Grizzlies this year after feuding with star player Marc Gasol. While that might be a concerning incident, Fizdale has some notable supporters like Cleveland Cavaliers superstar LeBron James, who played

under Fizdale while in Miami. Though James did admit that Fizdale won't "kiss nobody's ass."

Player relationships will be vital in rebuilding the Knicks, especially with Kristaps Porz"I know
how players
relate to
him, and I
know what
he stands
for. ... He
ain't gonna
kiss nobody's
ass."

LeBron James

ingis. The 22-year-old Latvian star who will likely miss half of next season while recovering from a torn ACL will now be playing for his fourth coach in as many years and needs some semblance of stability if the Knicks want to see him fulfill his potential as a face of the franchise that can carry a team to postseason and championship contention.

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SPORTS

Harvey the latest Mets disappointment

The Mets designated the once-promising right-hander for assignment on Saturday.



The "Dark Knight" era at Citi Field is over, much quicker and far more disappointingly than anyone could have imagined five years ago.

The New York Mets designated starting pitcher Matt Harvey for assignment on Saturday after the 29-year-old refused to be sent down to the minor leagues. That means the team has seven days to either trade him, release him, or place him on irrevocable outright waivers.

While this was a move that rocked many around the franchise, it's something that had to be done. Harvey has been ineffective for the past two seasons, going a combined 5-9 with a 6.77 ERA.

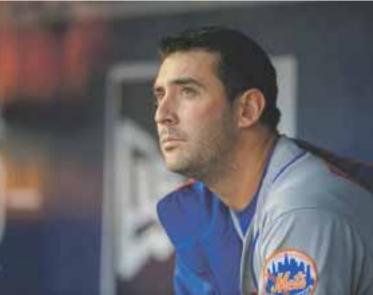
A miserable start to his 2018 season forced the Mets to relocate him to the bullpen in a last-ditch attempt rediscover his form, but it didn't work. Harvey accrued an ERA of 7.00 in eight appearances, his final one ending with the Atlanta Braves tagging him for five earned runs in two innings of work.

It's been a fall from grace for Harvey that can only be described as "Mets-ian."

Making his debut in 2012, he quickly became one of the brightest young pitchers in the game and the epicenter of hope among Mets fans.

The righty was untouchable in 2013, going 9-5 with a 2.27 ERA while striking out 191 batters in 178.1 innings of work. It earned him a start in the All-Star Game at Citi Field and gave the Mets a star to flaunt.

But then came drama. Harvey was forced to



Matt Harvey's time with the Mets is up after refusing to be sent down to the minor leagues. GETTY IMAGES

undergo Tommy John surgery where he would miss the 2014 season, although was still an effective pitcher upon his return to the mound, go-

ing 13-8 with a 2.71.

He helped the Mets win their first National League pennant since 2000, but it didn't come with issues as the team and Harvey's agent, Scott Boras, feuded over his innings limit after the surgery.

In the meantime there were questionable

actions off the field, including a nude photo shoot for ESPN The Magazine, maintaining a love for the crosstown rival New York Yankees, a tweeted photo of him flipping off the camera after surgery and partying during the season.

After struggling throughout the 2016 season in which he pitched through discomfort that included the loss of feeling in his pitching hand, Harvey underwent thoracic outlet decompression surgery which removed one of his ribs.

It forced Harvey to alter his mechanics and basically re-learn how to pitch.

He couldn't. Now he's gone.

So brings another name to the Mets' list of players who "could have been." Headlined by the likes of Doc Gooden and Darryl Strawberry, Matt Harvey will forever be remembered as another wasted talent in blue and orange.



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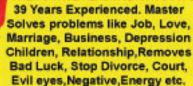
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5 Bump

8 Rodent 12 Kind of shirt

18 Badge

21 Pitch in

23 Radiate

1 Tennis great Steffi

13 Make -- double

15 Speak unclearly

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29 Dumas senior

30 "Not on your --!"

31 Cow's mouthful

33 Miscellany

34 Talk wildly

26 Eats heartily (2 wds.)

20 Tries to lose

16 Canadian boatman

14 Stravinsky or Sikorsky

metro.us/crossword

35 -- -- chance!

36 LPs

38 Bedding plant

39 -- -- tree (stumped)

40 -- alai

41 Rapidity

44 Dished out

47 Talked to oneself, maybe

49 Dots in "la mer"

51 Comic strip pooch 52 Sandra or Ruby

53 Bird beaks 54 Gentlemen

55 AARP members

56 Slalom obstacle

DOWN

1 All-purpose MDs

2 Thespian's quest

3 Baking powder ingredient

4 Prohibited

5 Kidded around

6 Bohr's study

7 Flat fish

8 Sentries' watches

9 Kind of molding

10 Boor

11 Slips up

17 Maxim 19 False story

22 Use a screen

23 Clean air org.

24 Warrior princess 25 Eurasian mountains

26 Rackets

27 Mouse target?

28 Party nosh

30 Sand mandala builder

32 24 hours

34 Delhi currency

35 Carpentry chore 37 Flat-topped hills

38 Hippie's digs

40 Green gems

41 Med plans

42 Import vehicle 43 Follow the cookbook

44 Ogle

45 Director -- Kazan

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